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## **METAMUSIC® BY DESIGN**

*by Mark Certo, Recording Engineer*

Music in its purest form as art is meant to serve as a reflection, a mirror image of the multifaceted experience we call "life." It is the artist's responsibility to convey the message and its corresponding emotion to the listener. It is therefore the responsibility of listeners to open their hearts and minds to allow the nonverbal communication to have impact. The task of interpretation is left to both parties. This contract is age-old, and has benefitted humankind by enhancing our physical sense of hearing, and stirring that wonderfully inexplicable gift which truly elevates us from all other species on the planet: imagination.

Without imagination, the human experience would be virtually without form. It is the very source of our existence, and the key to our fulfillment or its absence. We may use it in any way we wish: to create or destroy; to give us hope or despair. The more vivid the imagination, the more real the experience. It is truly the most powerful gift we possess.

Imagination is the guiding force of our METAMUSIC composers. METAMUSIC is specifically a thirty-minute exercise in guided imagery, conveyed by music. Each piece is crafted to meet conceptual guidelines. These are, in essence, stories subject to interpretation by both the composer and you, a soundtrack for whatever images your imagination conjures and projects to your mind's eye. Not haphazardly, but very succinctly, you and the composer, become engaged in a storyline in which both of you—through your individual imaginations—interact, creating your own characters and scenarios.

The composition of METAMUSIC is no easy task. Creating a piece of music from the rigid, yet esoteric cue sheet provided by the Institute is demanding. The cue sheet is a metaphorically written storyline designed to spark the composers' imagination and provide a framework for their gifts. Although there are usually rewrites, the end results are nothing short of spectacular. These composers all have rare talent which METAMUSIC puts to the ultimate test. Imagine yourself trying to describe the emotions of love, hope, or fear to someone who has no idea of what they are. A million words might never quite capture the feeling behind the emotion. Music, however, has this capacity, and this is the purpose of METAMUSIC.

We have been addressing the need for expansion and versatility in our METAMUSIC ARTIST SERIES by adding to our list of composers. New styles and genres have been introduced by some people whose talents we are very excited to be sharing with you. Some of your letters have requested alternatives to the symphonically oriented pieces currently available, leaning more toward a textured synthesizer, New Age sound, less intense melodically so it may serve

as a freeflow, or background to meditation. We're proud to introduce the following new METAMUSIC artists, whose work meets our stringent criteria through a conceptualized theme.

We welcome Matthew Sigmon and Julie Anderson. Primary elements in CBS Recording Artists, The Rain People, they made time in their busy schedule to compose a piece entitled *Sleeping with the Rain*, based on an experience we all know intimately: the period of vacillation between wakefulness and sleep. *Sleeping with the Rain* is very soft and unobtrusive melodically, and captures the essence of the two states of consciousness with exquisite segues from one to the other. It combines 3-D sound effects easily definable as physical, then moves gradually toward the open realm of sleep, and back and forth until sleep finally takes over. Don't be surprised at finding yourself in sync with it! It's a marvelous piece, and we highly recommend it as a musical sleep tape.

Another wonderful addition is *Inner Journey*, dedicated to the work of Bob Monroe by Mohammad Sadigh, Ph.D., a psychologist and therapist at the Gateway Institute in Bethlehem, Pennsylvania, and a composer. The name of his organization is by no means coincidental. Mohammad attended the *GATEWAY VOYAGE*® at TMI, and was so inspired by Bob and his achievements that he, too, has made the understanding of human consciousness his life's focus. Mohammad's musical creations have been enjoyed in university venues for over ten years. In *Inner Journey*, the music depicts Bob's experiences in other streams of consciousness, and also serves as a "white canvas for you to paint your own pictures on."

Eric Heberling, composer of METAMUSIC *Thursday*, has given us another brilliant piece entitled *The Turning Point*. Written in Eric's style of contemporary symphonic composition, this piece gives new meaning to the musical term "pizzicato," and stretches it to the very limits. Great care was taken during production to enhance stereo imaging, so that the placement of the instruments is very dramatic while listening through headphones. Eric is probably the most melodically intense of our composers. Enthusiasts of classical music will undoubtedly see the influences of the great masters in his work. As in *Thursday*, emotions run high, and the journey is full of wondrous sights and sounds. Pack a lunch and enjoy the ride!

We extend heartfelt gratitude to all our composers for their hard work and rare talents. Because of them, we are able to offer you a musical experience we're sure will supercede any you've had thus far!

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